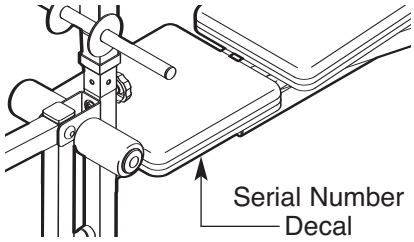
WEIDER® 245

Model No. WEEVBE3296.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

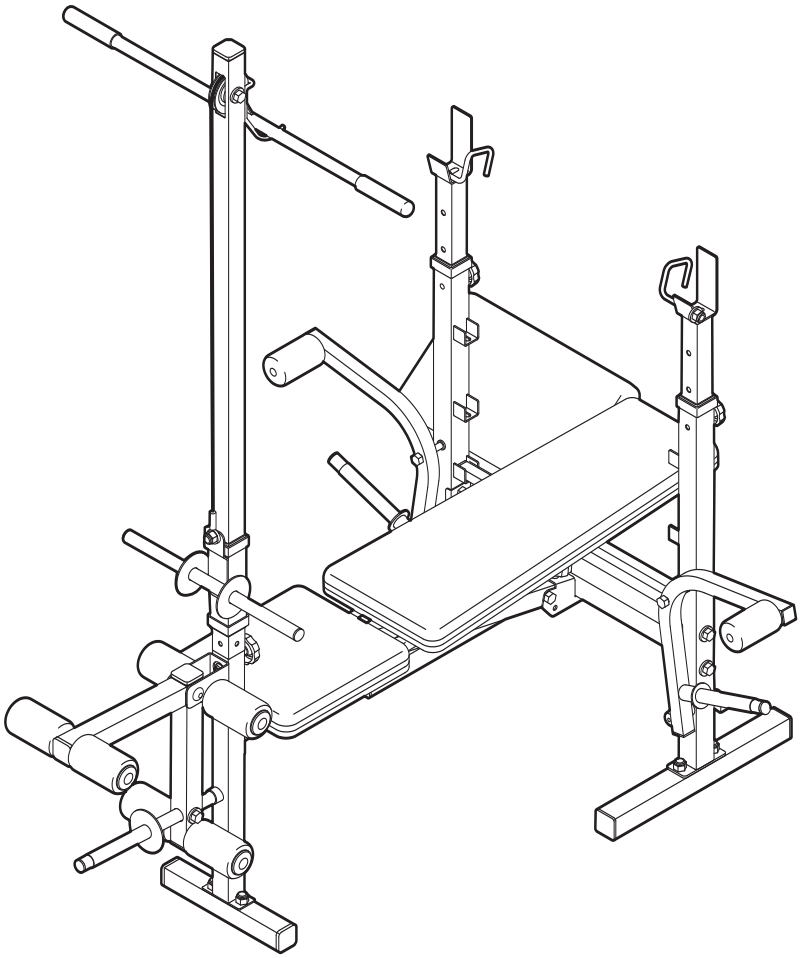
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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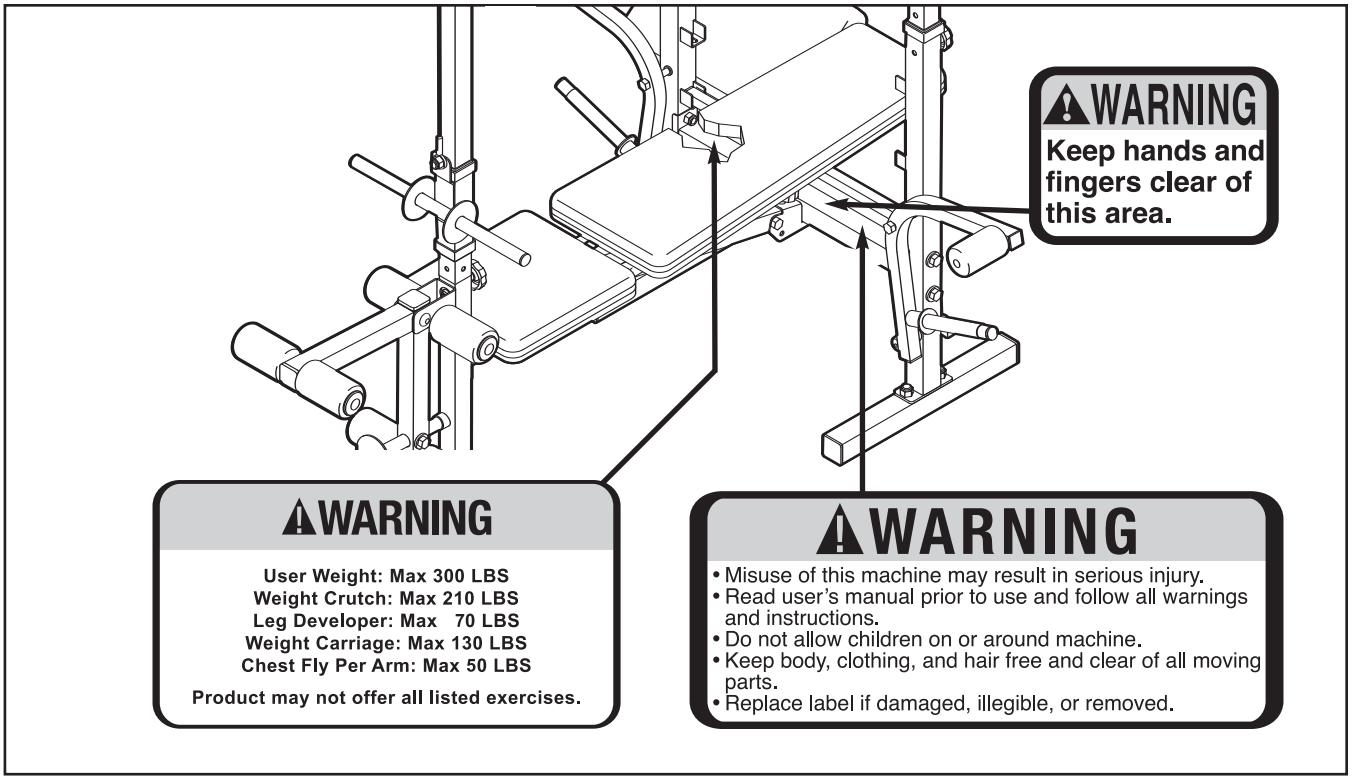
WARNING DECAL PLACEMENT

The warning decals shown below have been placed on the weight bench in the locations shown. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.


WARNING
Keep hands and fingers clear of this area.
WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 210 LBS
Leg Developer: Max 70 LBS
Weight Carriage: Max 130 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.

2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.

4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under the age of 12 and pets away from the weight bench at all times.

7. Keep hands and feet away from moving parts.

8. Always wear athletic shoes for foot protection while exercising.

9. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 70 lbs. (32 kg) on the leg lever. Do not place more than 50 lbs. (23 kg) on each fly arm. Do not place more than 130 lbs. (59 kg) on the weight carriage. Note: The weight bench does not include a barbell or weights.

10. Always place equal amounts of weight on both ends of your barbell when using it.

11. Do not use a barbell that is longer than 5 ft. (1,5 m) with the weight bench.

12. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.

13. When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.

14. When using the backrest in an inclined position or a level position, make sure that the support rod is inserted completely through the uprights.

15. If you feel pain or dizziness while exercising, stop immediately and cool down.

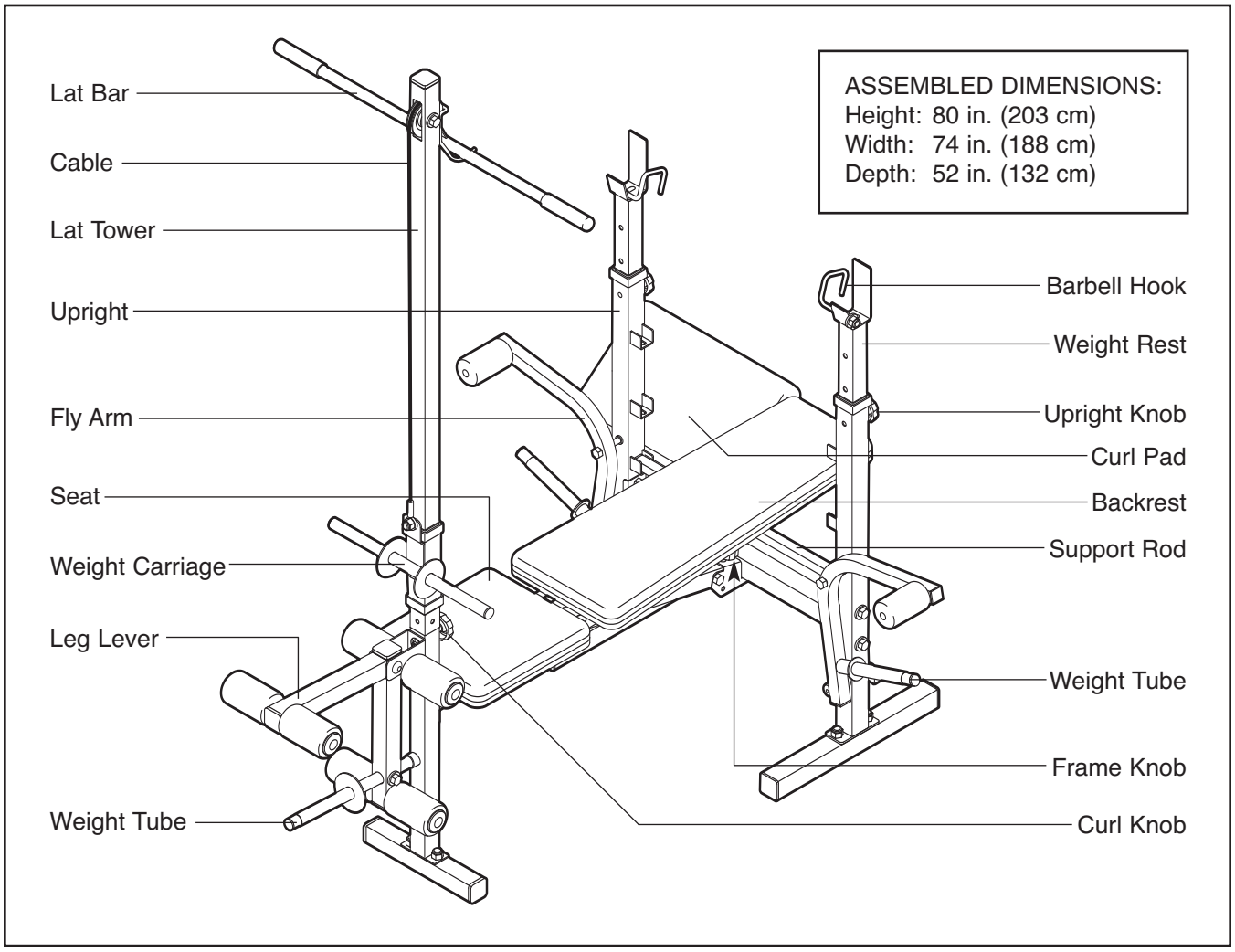
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the new WEIDER® 245 weight bench. The versatile WEIDER 245 weight bench is designed to be used with your own weight set (not included) to develop the major muscle groups of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER 245 weight bench will help you to achieve the specific results you want.

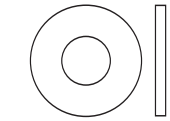
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WEEVBE3296.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

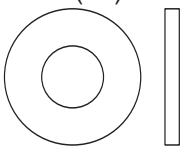


PART IDENTIFICATION CHART

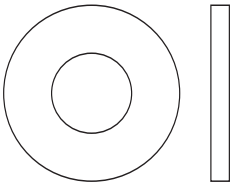
This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST on page 18. **Important: Some parts may have been preassembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been preassembled.**



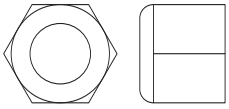
M6 Washer (65)



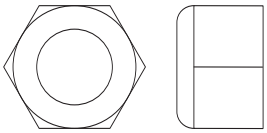
M8 Washer (73)



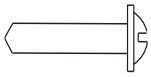
M10 Black/Silver Washer (64, 70)



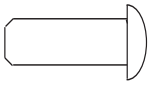
M8 Nylon Locknut (67)



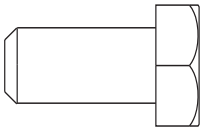
M10 Black/Silver Nylon Locknut (66, 76)



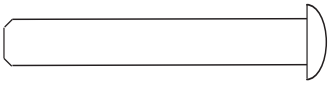
M4 x 16mm Self-tapping Screw (75)



M6 x 16mm Screw (61)

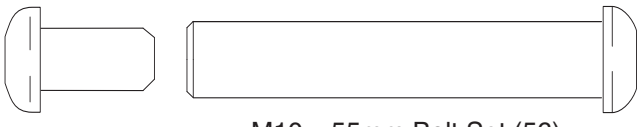


M10 x 20mm Bolt (63)

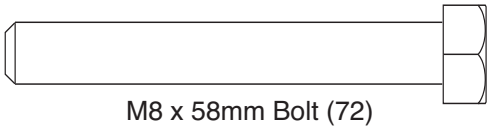


M6 x 40mm Screw (62)

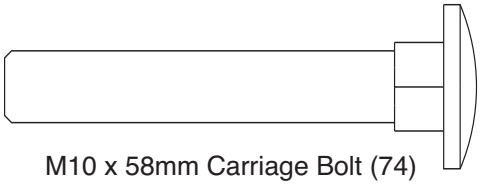
M10 x 55mm Bolt (59)



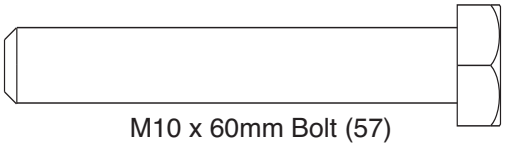
M10 Black/Silver Nylon Locknut (66, 76)



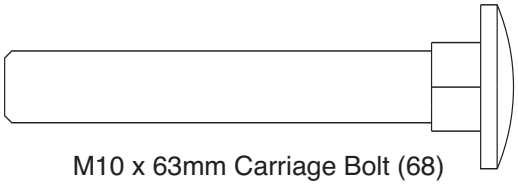
M8 x 58mm Bolt (72)



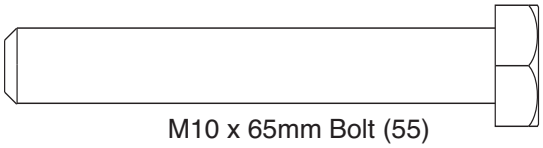
M10 x 58mm Carriage Bolt (74)



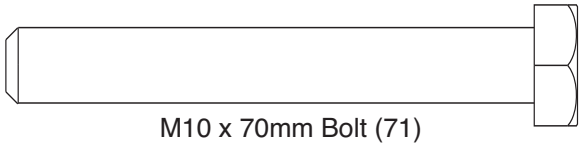
M10 x 60mm Bolt (57)



M10 x 63mm Carriage Bolt (68)

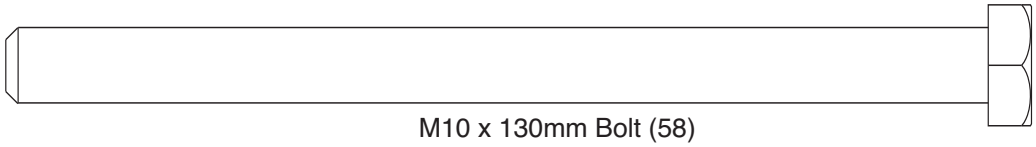


M10 x 65mm Bolt (55)

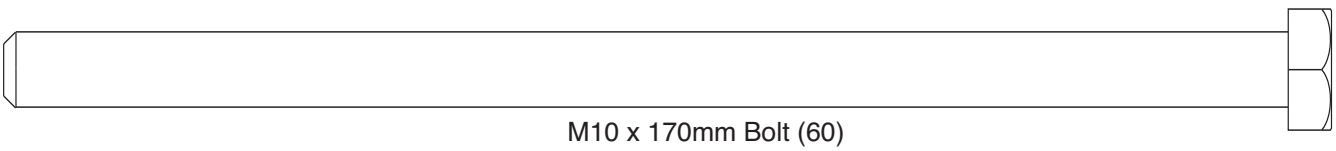


M10 x 70mm Bolt (71)

M10 x 55mm Bolt Set (56)



M10 x 130mm Bolt (58)



M10 x 170mm Bolt (60)

ASSEMBLY

Make Assembly Easier

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- **For help identifying small parts, see the PART IDENTIFICATION CHART on page 5.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, **make sure all parts are oriented as shown in the drawings.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included hex key and grease packets, the following tools (not included) may be required for assembly:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

   Orient the Left Base (4) with the recessed holes facing downward. Attach the Left Upright (6) to the Left Base with two M10 x 63mm Carriage Bolts (68) and two M10 Black Nylon Locknuts (66). **Do not tighten the Nylon Locknuts yet.**

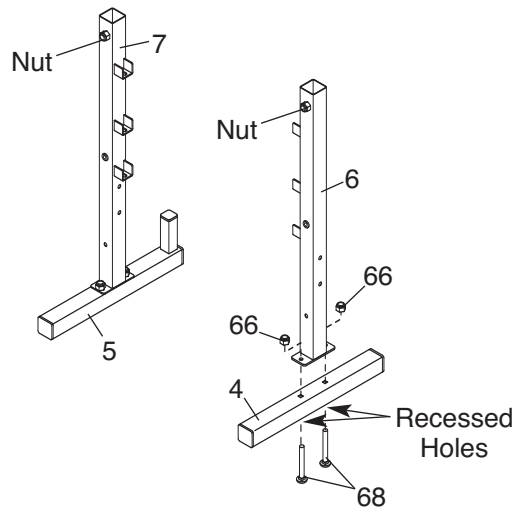
   Attach the Right Upright (7) to the Right Base (5) in the same way.

2. Attach the Crossbar (12) to the Left Upright (6) with two M10 x 65mm Bolts (55), two M10 Black Washers (64), and two M10 Black Nylon Locknuts (66). **Do not tighten the Nylon Locknuts yet.**

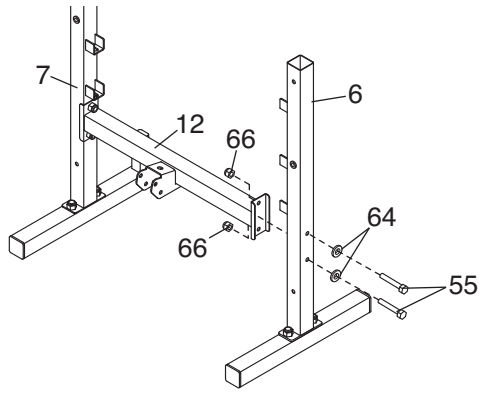
   Attach the Crossbar (12) to the Right Upright (7) in the same way.

   See steps 1–2. Tighten the M10 Black Nylon Locknuts (66).

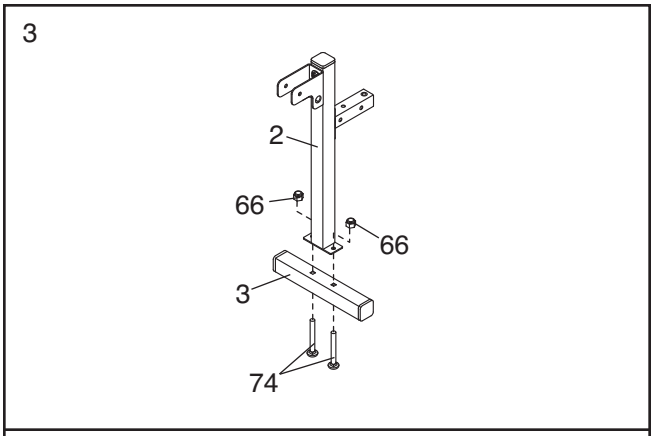
1



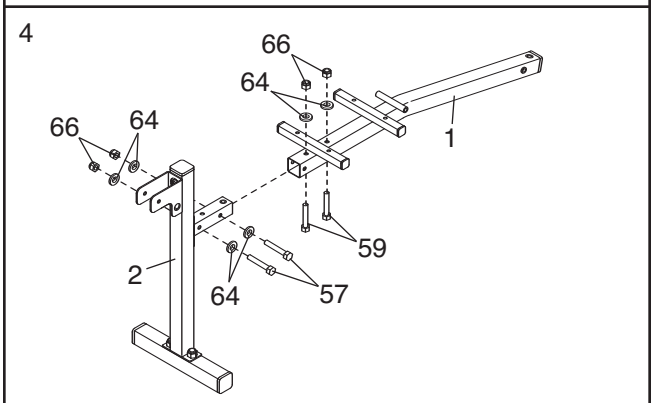
2



3. Attach the Front Leg (2) to the Stabilizer (3) with two M10 x 58mm Carriage Bolts (74) and two M10 Black Nylon Locknuts (66).

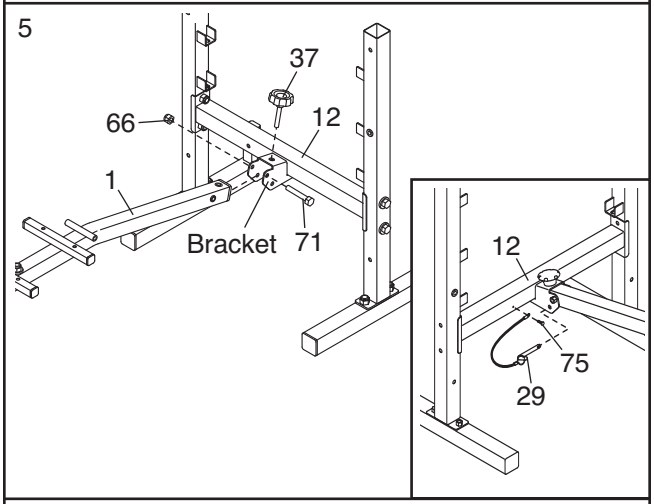


4. Attach the Front Leg (2) to the Frame (1) with two M10 x 60mm Bolts (57), two M10 x 55mm Bolts (59), six M10 Black Washers (64), and four M10 Black Nylon Locknuts (66).

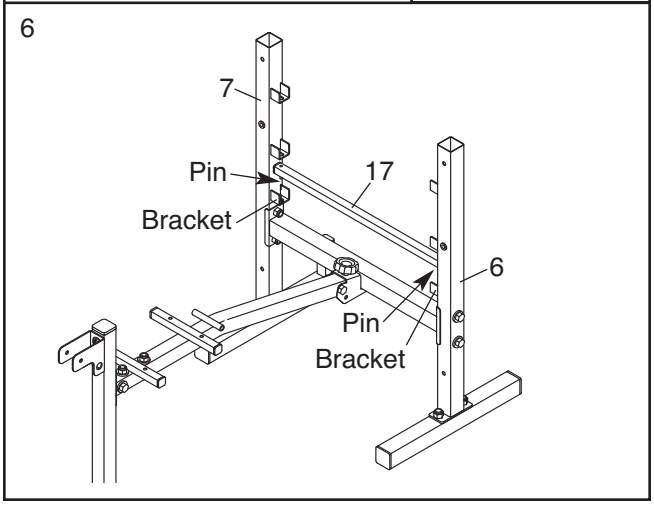


5. Apply some of the included grease to an M10 x 70mm Bolt (71). Attach the Frame (1) to the upper set of holes in the bracket on the Crossbar (12) with the Bolt and an M10 Black Nylon Locknut (66). Then, tighten the Frame Knob (37) into the bracket on the Crossbar (12) and the Frame (1).

   See the inset drawing. Insert the Crossbar Pin (29) into the lower set of holes in the Crossbar (12). Attach the Crossbar Pin to the Crossbar with an M4 x 16mm Self-tapping Screw (75).

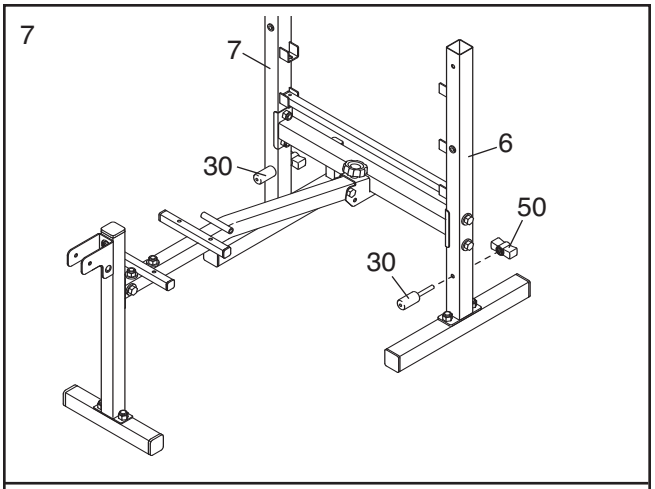


6. Orient the Support Bar (17) with the pins facing downward as shown. Set the Support Bar in one of the sets of brackets on the Left and Right Uprights (6, 7).



7. Attach a Bumper (30) to the Left Upright (6) with a Bumper Knob (50).

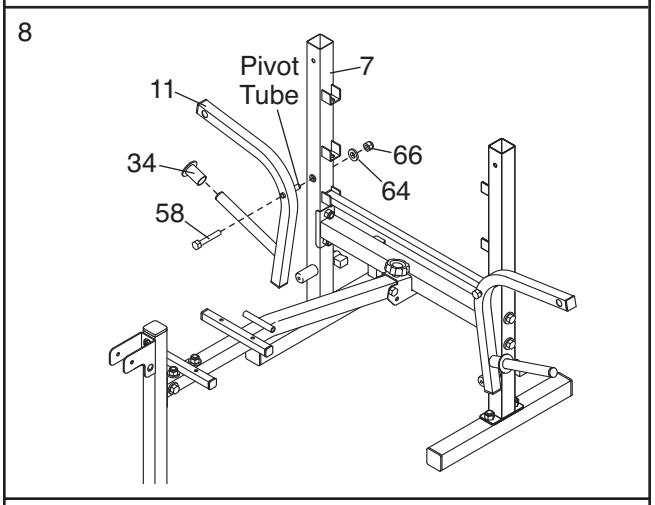
   Attach the other Bumper (30) to the Right Upright (7) in the same way.



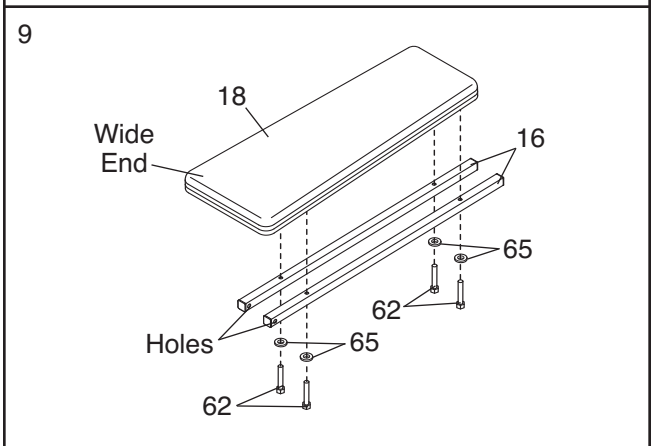
8. Identify the Right Fly Arm (11), which has a welded pivot tube on the indicated side. Attach the Right Fly Arm to the Right Upright (7) with an M10 x 130mm Bolt (58), an M10 Black Washer (64), and an M10 Black Nylon Locknut (66).

   Slide a Fly Arm Spacer (34) onto the Right Fly Arm (11).

   Repeat this step for the other side of the weight bench.

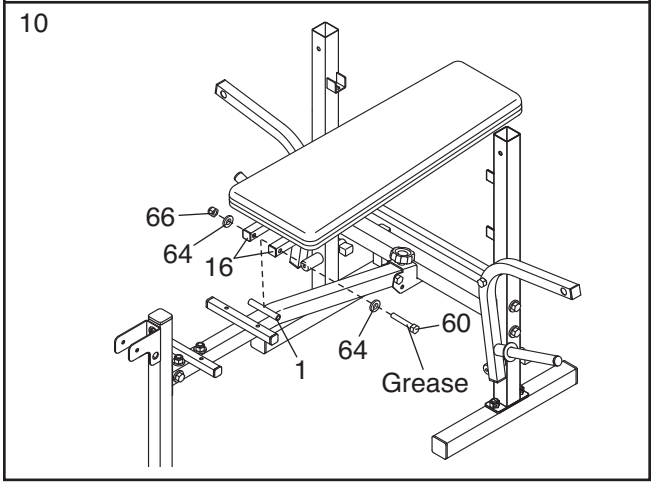


9. Attach the Backrest (18) to the Backrest Tubes (16) with four M6 x 40mm Screws (62) and four M6 Washers (65). **Do not tighten the Screws yet.**

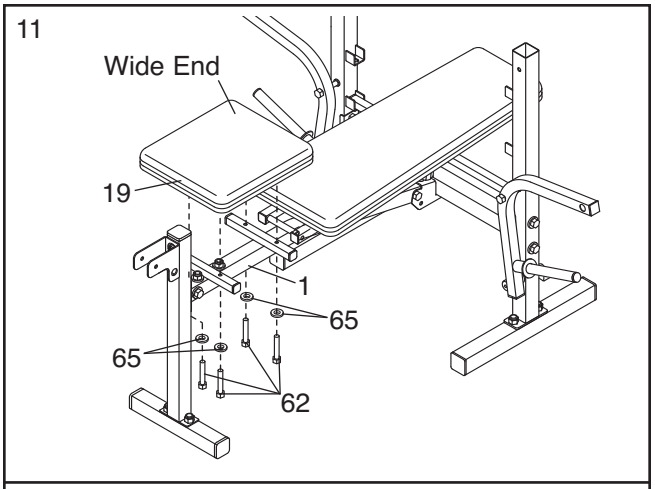


10. Apply grease to an M10 x 170mm Bolt (60). Attach the Backrest Tubes (16) to the welded tube on the Frame (1) with the Bolt (60), two M10 Black Washers (64), and an M10 Black Nylon Locknut (66).

    See Step 9 and tighten the M6 x 40mm Screws (62).

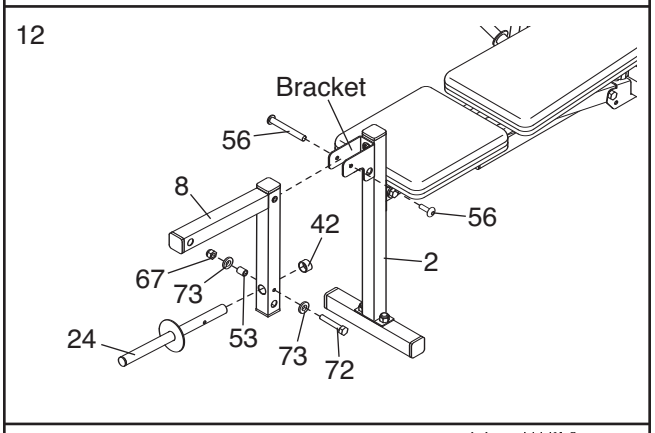


11. Attach the Seat (19) to the Frame (1) with four M6 x 40mm Screws (62) and four M6 Washers (65).



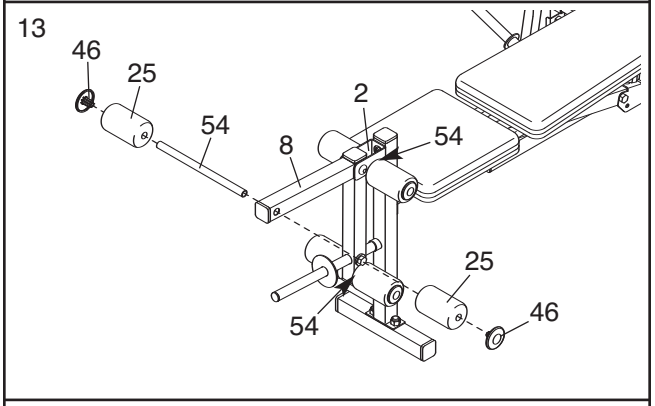
12. Attach the Weight Tube (24) to the Leg Lever (8) with an M8 x 58mm Bolt (72), two M8 Washers (73), a 13mm x 12mm Spacer (53), and an M8 Nylon Locknut (67). Then, press the Leg Lever Bumper (42) onto the Weight Tube.

    Apply grease to the barrel of an M10 x 55mm Bolt Set (56). Attach the Leg Lever (8) to the bracket on the Front Leg (2) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



13. Insert a Long Pad Tube (54) into the Leg Lever (8), and slide a Large Foam Pad (25) onto each end of the Pad Tube. Then, press a Large Pad Cap (46) into the end of each Large Foam Pad.

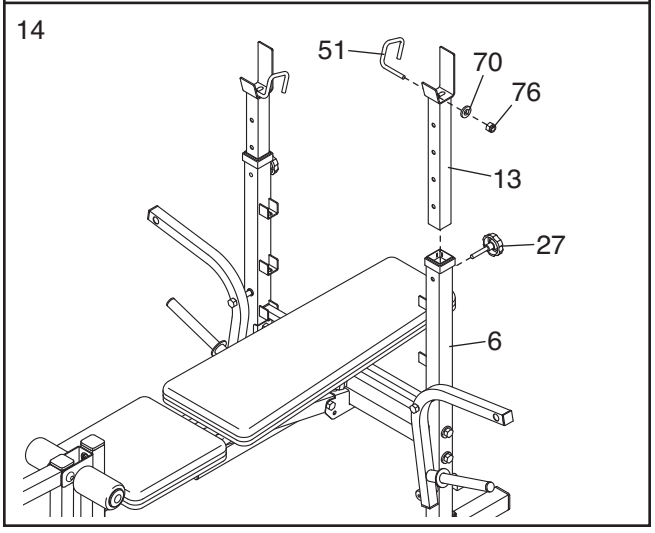
    Repeat this step with the other two Long Pad Tubes (54).



14. Attach the Left Barbell Hook (51) to a Weight Rest (13) with an M10 Silver Washer (70) and an M10 Silver Nylon Locknut (76). **Do not over-tighten the Nylon Locknut; the Barbell Hook must pivot easily.**

    Insert the Weight Rest (13) into the Left Upright (6), and tighten an Upright Knob (27) through the Left Upright into one of the adjustment holes in the Weight Rest.

    Repeat this step for the other side of the weight bench.



15. Insert a Short Pad Tube (35) into the Left Fly Arm (10), and slide a Small Foam Pad (26) onto the Short Pad Tube.

Repeat this step for the other side of the weight bench.

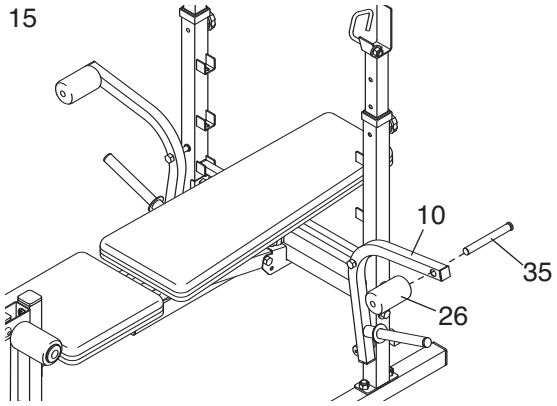
16. Attach the Curl Pad (20) to the Curl Post (9) with two M6 x 16mm Screws (61).

17. Route the Cable (21) through the top of the Lat Tower (14); **make sure that the Cable passes under the storage hook.** Next, wrap the Cable over the Pulley (22) and attach the Pulley to the Lat Tower with an M10 x 60mm Bolt (57), two M10 Black Washers (64), two 16mm x 10mm Spacers (52), and an M10 Black Nylon Locknut (66).

Insert an M10 x 20mm Bolt (63) into the bracket on the Weight Carriage (15). Next, slide the Weight Carriage onto the Lat Tower (14). Then, attach the Cable (21) to the Weight Carriage with the Bolt and an M10 Black Nylon Locknut (66).

18. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on page 11.**

15



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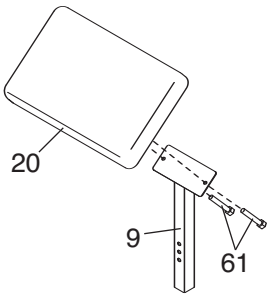

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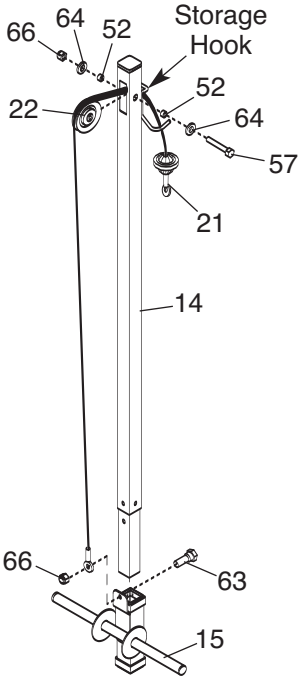


ADJUSTMENTS

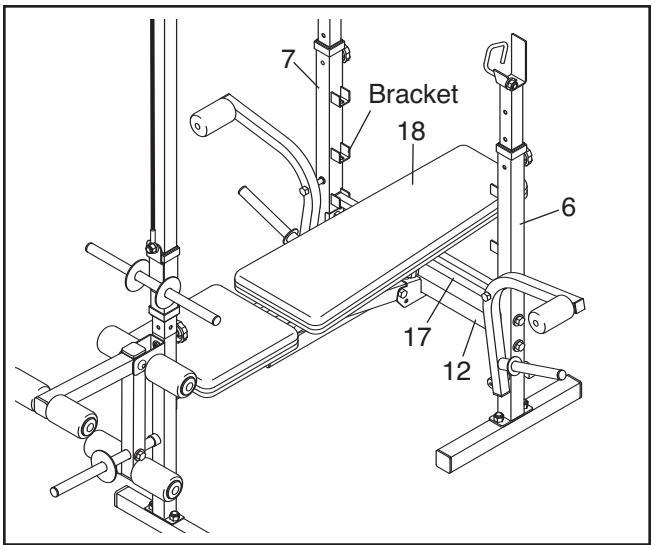
The weight bench is designed to be used with your own weight set (not included). The steps below explain how you can adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (18) can be used in a declined position, a level position, or any of two inclined positions. To use the Backrest in a declined position, remove the Support Rod (17) and lay the Backrest on the Crossbar (12).

To use the Backrest (18) in a level position or an inclined position, insert the Support Rod (17) into the brackets on the Left and Right Uprights (6, 7). Then, rest the Backrest on the Support Rod.

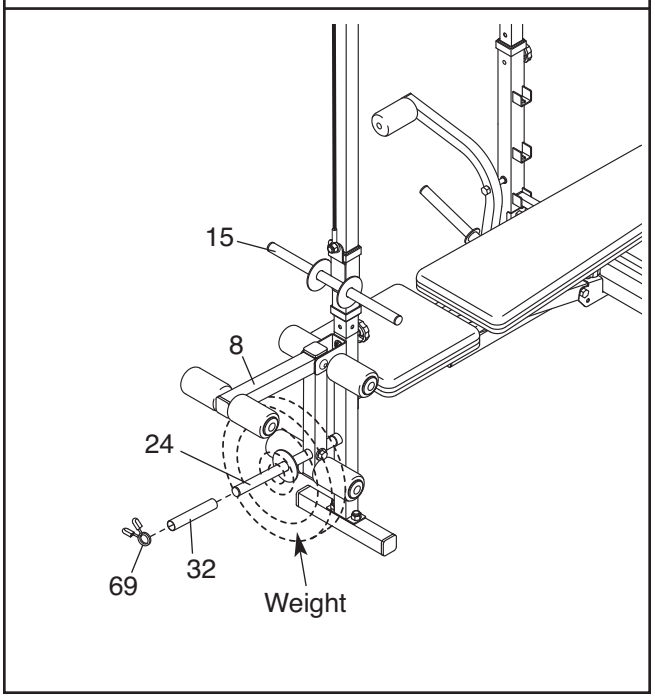


USING THE LEG LEVER AND THE LAT TOWER

To use the Leg Lever (8), slide the desired weights onto the Weight Tube (24) on the Leg Lever. If the weights have large center holes, slide a Weight Adapter (32) onto the Weight Tube. Always secure weights with a Weight Clip (69).

Add weight to the Weight Carriage (15) in the same manner.

⚠ WARNING: Do not place more than 70 lbs. (32 kg) on the Leg Lever (8). When using the Leg Lever, place a barbell with the same amount of weight on the weight rests to balance the weight bench. Do not place more than 130 lbs. (59 kg) on the Weight Carriage (15).

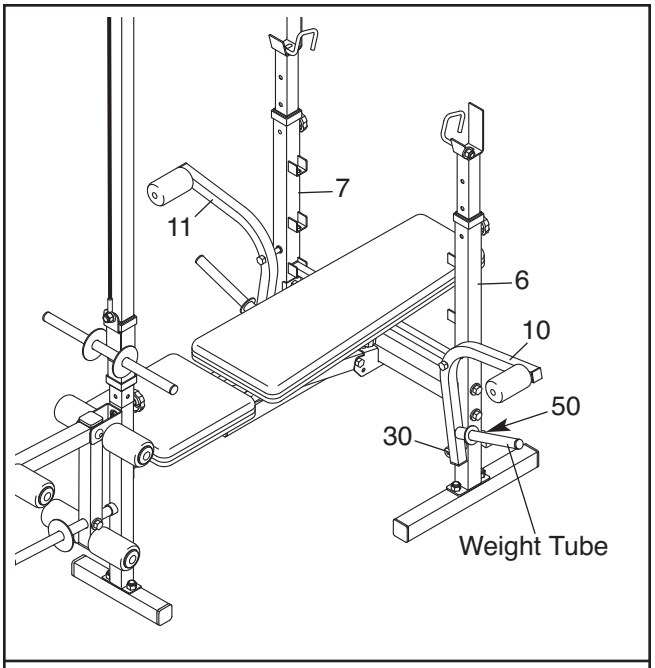


USING THE FLY ARMS

To use the Fly Arms (10, 11), slide the desired weights onto the weight tubes on the Fly Arms. If the weights have large center holes, slide Weight Adapters (not shown) onto the weight tubes. Always secure weights with Weight Clips (not shown).

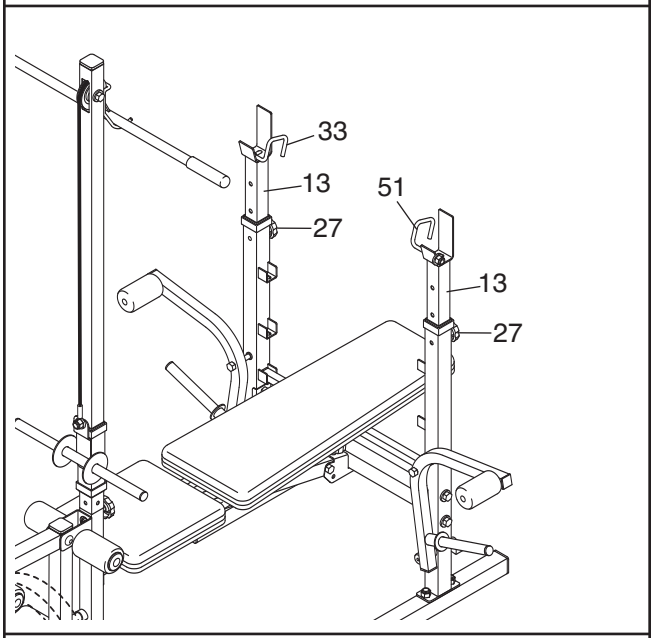
Note: Before doing the bench press exercise, remove the Bumper Knobs (50) and the Bumpers (30) from the Uprights (6, 7) to avoid interference with the Fly Arms (10, 11).

⚠ WARNING: Do not place more than 50 lbs. (23 kg) on each Fly Arm (10, 11).



ADJUSTING THE WEIGHT RESTS

To adjust the height of a Weight Rest (13), remove the Upright Knob (27), move the Weight Rest to the desired height, and tighten the Upright Knob through the Left or Right Upright (6, 7) into an adjustment hole in the Weight Rest. **Make sure that the Weight Rests are adjusted to the same height.**

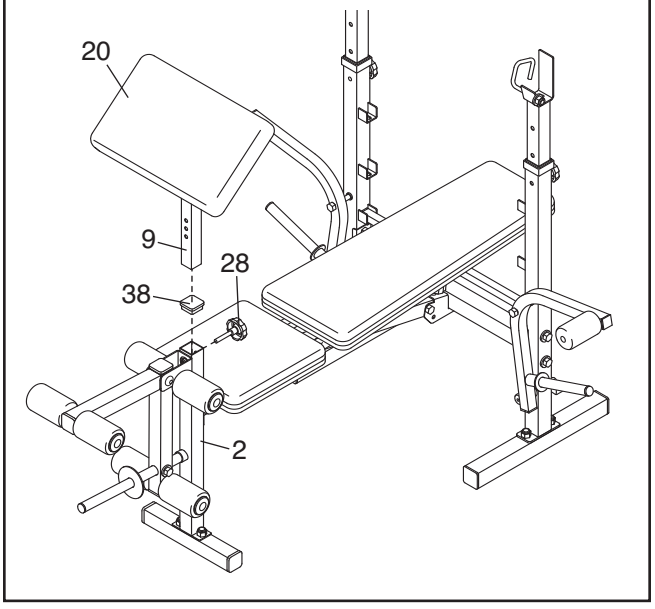


USING THE BARBELL HOOKS

To change weights while your barbell is on the Weight Rests (13), secure the barbell by rotating the Barbell Hooks (33, 51) over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.

USING THE CURL PAD

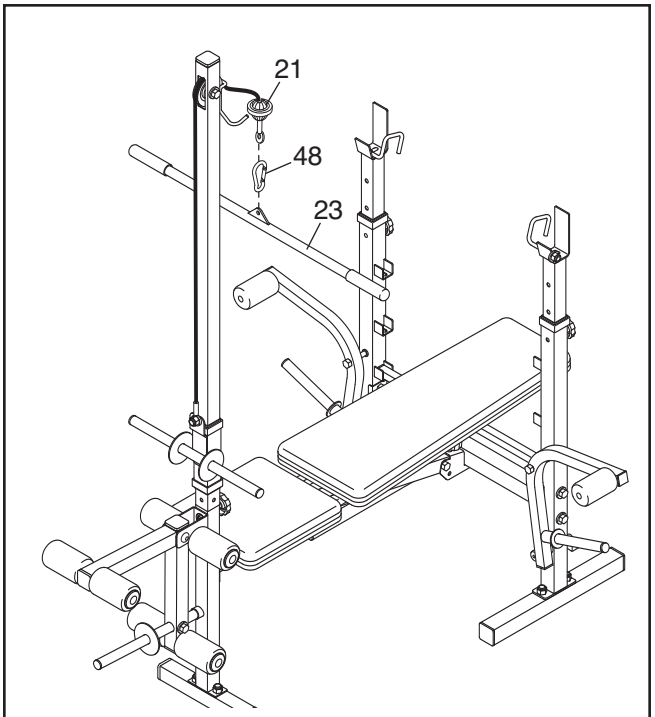
To use the Curl Pad (20), remove the 45mm Square Inner Cap (38). Then, insert the Curl Post (9) into the Front Leg (2), and attach the Curl Post with the Curl Knob (28). **Make sure that the Curl Knob passes through one of the holes in the Curl Post. Note: when you are not using the Curl Pad, remove the Curl Post and reinsert the Square Inner Cap into the Front Leg.**



Follow the procedure above to attach the Lat Tower (14, not shown) to the Front Leg (2).

ATTACHING THE LAT BAR

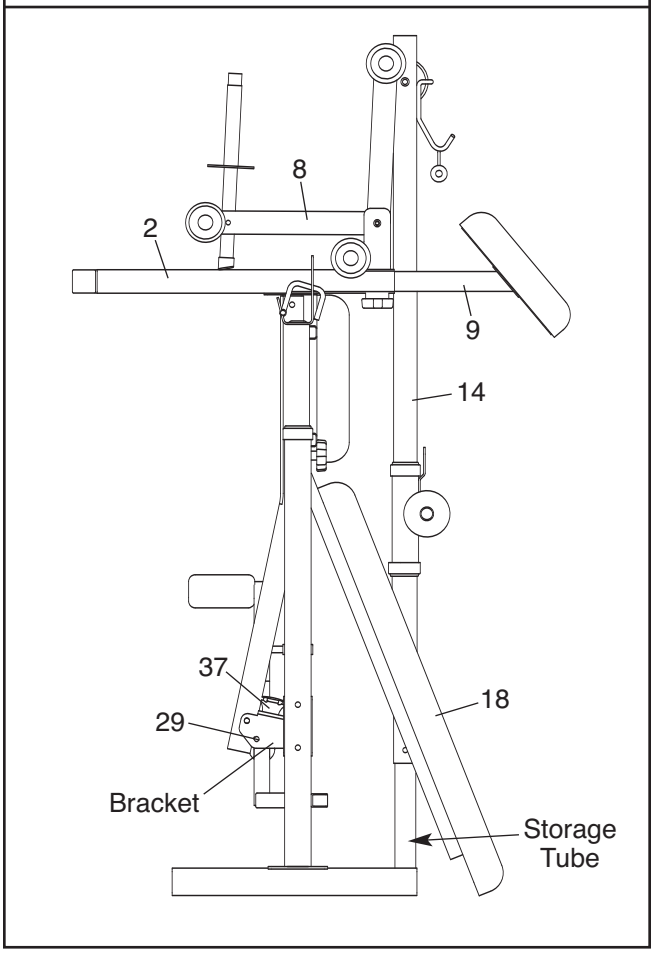
To attach the Lat Bar (23) to the Cable (21), attach a Weight Clip (48) to the Cable and the Lat Bar.



STORING THE WEIGHT BENCH

You can store either the Curl Post (9) or the Lat Tower (14) on the storage tube on the right base when they are not in use.

Before storing the weight bench, remove any weights from the Leg Lever (8), slide the Lat Tower (14) onto the storage tube, and adjust the Backrest (18) to the highest inclined position. To store the weight bench, first remove the Frame Knob (37) and the Crossbar Pin (29) from the indicated bracket. Next, lift the Front Leg (2) as far as it will go. Next, insert the Frame Knob into the bracket. Then, insert the Crossbar Pin into the bracket. The Crossbar Pin will prevent the weight bench from unfolding. **Note: For clarity, the left fly arm is not shown.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the length of time for each workout, and the number of repetitions and sets to complete, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on page 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

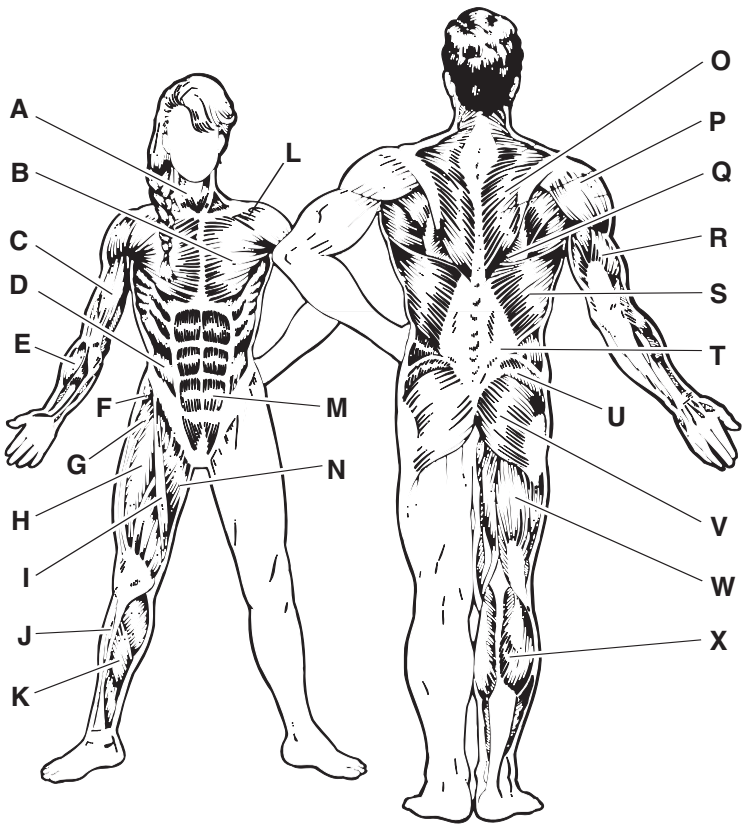
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 16 and 17 can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (shoulder)
Q. Posterior Deltoid (Upper Back)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WEEVBE3296.0

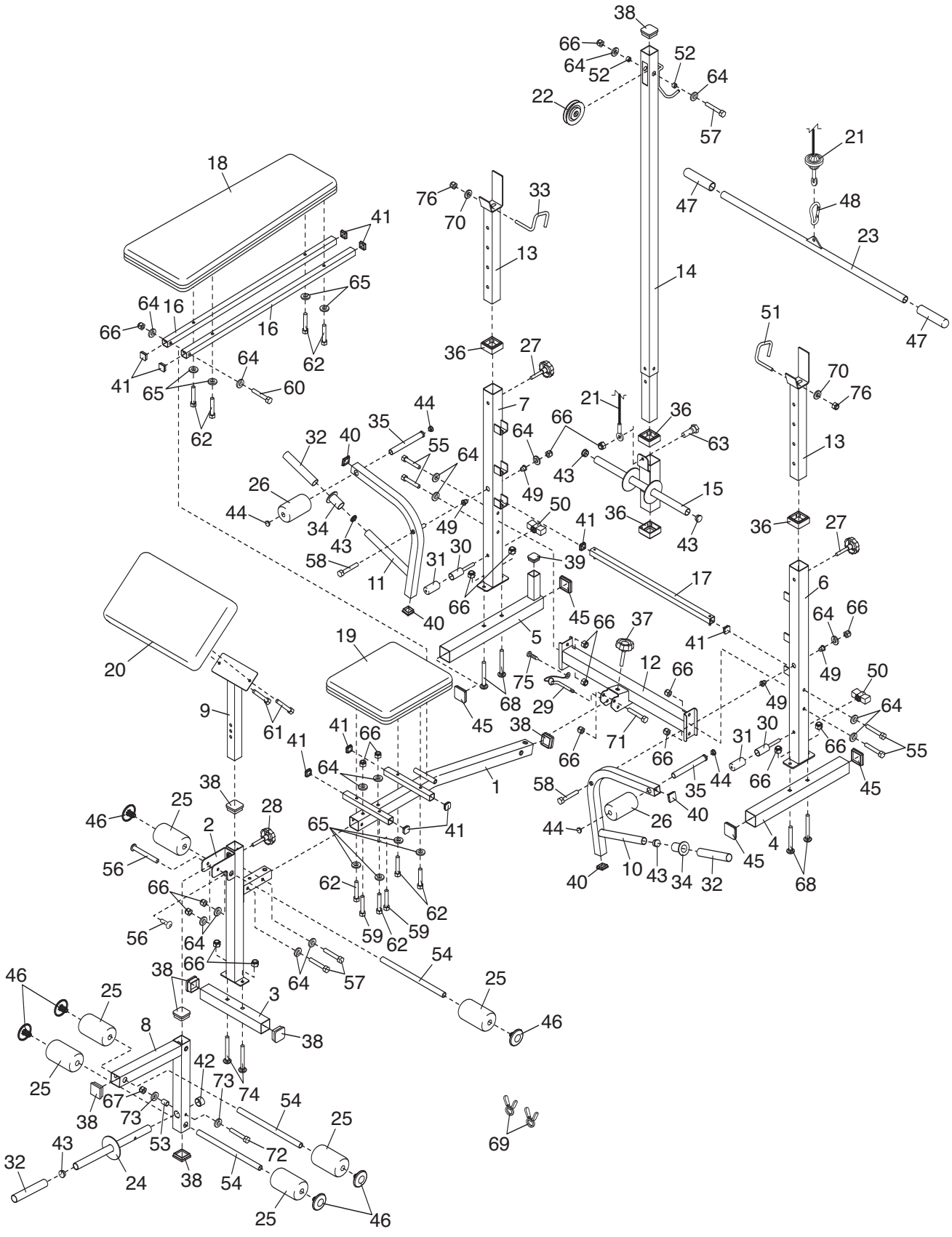
R0906A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Leg
3	1	Stabilizer
4	1	Left Base
5	1	Right Base
6	1	Left Upright
7	1	Right Upright
8	1	Leg Lever
9	1	Curl Post
10	1	Left Fly Arm
11	1	Right Fly Arm
12	1	Crossbar
13	2	Weight Rest
14	1	Lat Tower
15	1	Weight Carriage
16	2	Backrest Tube
17	1	Support Bar
18	1	Backrest
19	1	Seat
20	1	Curl Pad
21	1	Cable
22	1	Pulley
23	1	Lat Bar
24	1	Weight Tube
25	6	Large Foam Pad
26	2	Small Foam Pad
27	2	Upright Knob
28	1	Curl Knob
29	1	Crossbar Pin
30	2	Bumper
31	2	Bumper Cover
32	3	Weight Adapter
33	1	Right Barbell Hook
34	2	Fly Arm Spacer
35	2	Short Pad Tube
36	4	50mm Square Bushing
37	1	Frame Knob
38	8	45mm Square Inner Cap
39	1	32mm Square Cap
40	4	30mm Square Cap
41	10	25mm Square Inner Cap
42	1	Leg Lever Bumper
43	5	25mm Round Inner Cap
44	4	Small Pad Cap
45	4	50mm Square Inner Cap
46	6	Large Pad Cap
47	2	Lat Bar Grip
48	1	Cable Clip
49	4	Bushing
50	2	Bumper Knob
51	1	Left Barbell Hook
52	2	16mm x 10mm Spacer
53	1	13mm x 12mm Spacer
54	3	Long Pad Tube
55	4	M10 x 65mm Bolt
56	1	M10 x 55mm Bolt Set
57	3	M10 x 60mm Screw
58	2	M10 x 130mm Bolt
59	2	M10 x 55mm Bolt
60	1	M10 x 170mm Bolt
61	2	M6 x 16mm Screw
62	8	M6 x 40mm Screw
63	1	M10 x 20mm Bolt
64	16	M10 Black Washer
65	8	M6 Washer
66	20	M10 Black Nylon Locknut
67	1	M8 Nylon Locknut
68	4	M10 x 63mm Carriage Bolt
69	2	Spring Clip
70	2	M10 Silver Washer
71	1	M10 x 70mm Bolt
72	1	M8 x 58mm Bolt
73	2	M8 Washer
74	2	M10 x 58mm Carriage Bolt
75	1	M4 x 16mm Self-tapping Screw
76	2	M10 Silver Nylon Locknut
#	–	User's Manual
#	–	Exercise Guide
#	–	Grease Packet
#	–	Hex Key

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVBE3296.0

R0906A



ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WEEVBE3296.0)
- the NAME of the product (WEIDER 245 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 18 and 19)

Part No. 241586 R0906A
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